

The Best Chakras Guide Chakras for Beginners Chakras are energy or power centres that are positioned along the body. They function as energy transformers, taking the energy from the environment around you and transporting it into and around your body; conversely they also take energy from your body and expel it into the environment. The chakras also change this energy into a form that your body can use and is vital for your health and well-being. Here Is A Preview Of What Youll Learn... - What are Chakras? - The Chakra Test - Increasing Chakra's Energy - Psychological Manifestations of Chakra - Opening Your Chakras through Meditation - Balancing Chakras through Yoga - Meditation Techniques - Bonus Download your copy today. Scrolling to the top and clicking the BUY NOW button!

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